Blackberry Chia Pudding Recipe

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BY KELLE WALSH

This anti-inflammatory chia pudding is a simple way to nourish your body from the inside out.

Packed with omega-3s, antioxidants, and fiber, it helps steady blood sugar, support gut health, and calm inflammation, all while tasting like dessert. Blackberries and raspberries provide polyphenols that protect your arteries and reduce oxidative stress, while chia seeds deliver plant-based protein, fiber, and **healthy fats** to keep you full and energized. A longevity-approved breakfast, snack, or post-dinner reset in one creamy bowl.

Recipe: Summer Berry Chia Pudding Recipe

You'll need: a blender, fine-mesh strainer, and a bowl deep enough so that the strainer doesn't touch the liquid

Optional: individual ramekins for serving

Time: 15 minutes of preparation, chill for at least 2 hours

Ingredients (4 servings):

- 1 cup (8 ounces) raspberries or blackberries, washed. Put aside a small handful for garnish
- 2 cup nondairy milk of choice (I like to use plain soy milk for the protein, or a mix of half water and half soy. Almond or oatmilk also work well.)
- ½ cup chia seeds

- 2 – 3 tablespoons honey or maple syrup, to taste
- ¼ – ½ teaspoons fine sea salt, to taste
- Optional: crushed nuts, granola

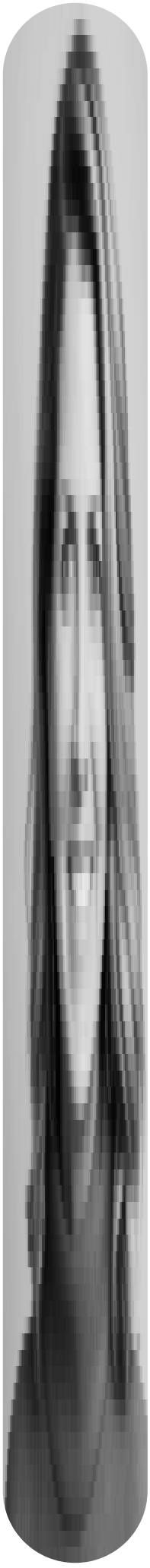
Instructions:

1. In a blender, add berries (except for the reserved ones), nondairy milk, and sweetener. Blend on high for about 30 seconds, until smooth.
2. Set the strainer over a bowl, and pour in the blended mixture. Let it drain, stirring near the end to help push through the liquid while leaving the seeds behind.
3. Add salt to taste, starting with ¼ teaspoon and up to ½ teaspoon. Adjust sweetness if needed.
4. Add the chia seeds and stir well to distribute. If using ramekins, pour the mixture in now.
5. Chill for at least 2 hours, or overnight. Serve topped with fresh berries, and add nuts or granola for a bit of crunch.

Nutrition (per ½ cup serving): Calories: 234; Carbohydrate: 28.5 g; Protein: 8.6 g protein; Fat: 10.9 g fat (8.95 g poly- and monounsaturated); Fiber: 12.8 g; Sugar: 12.6 g

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WRITTEN BY:



Kelle Walsh